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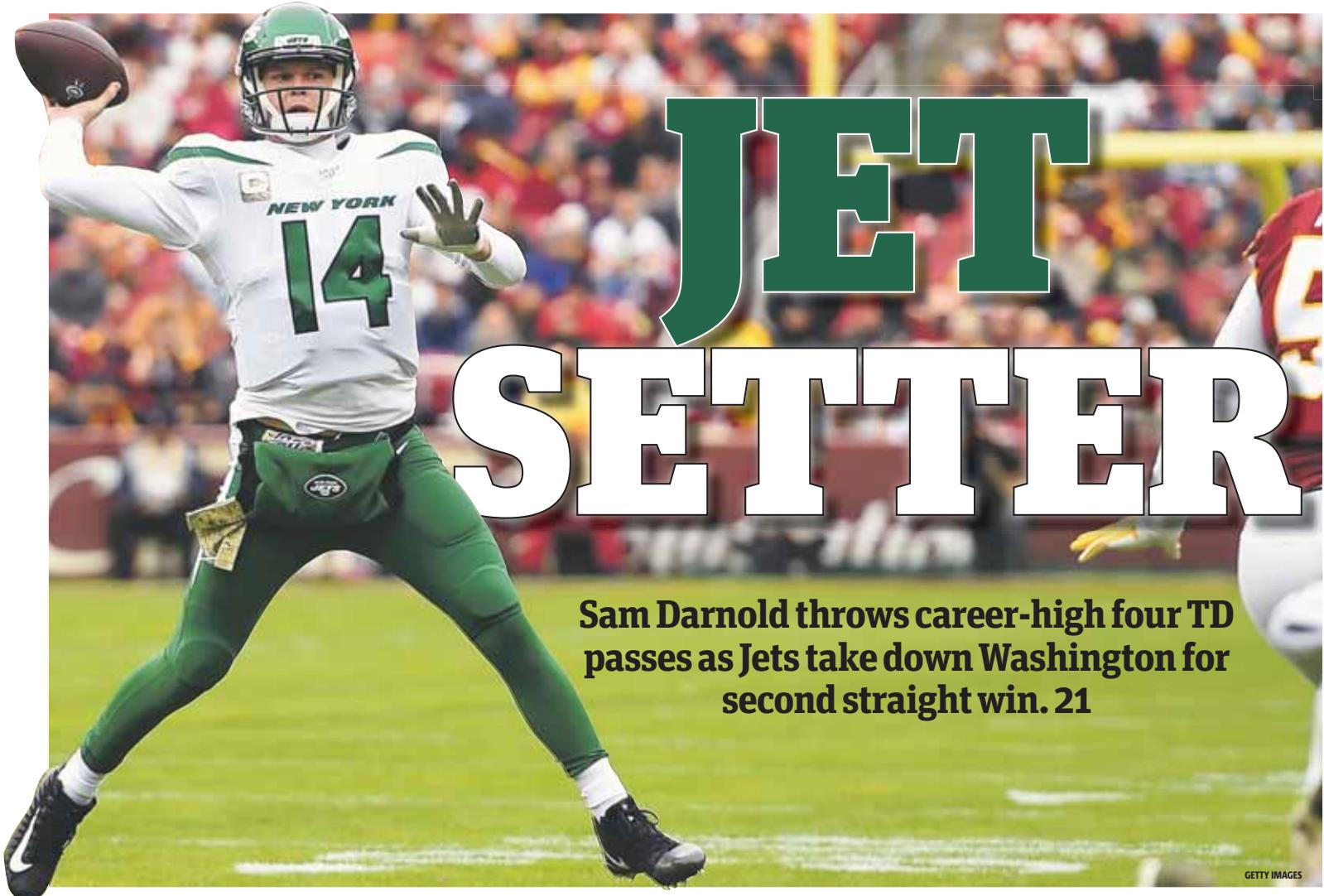
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MONDAY, NOVEMBER 18, 2019

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MONDAY

46° | 40°

Rain
Likely

TUESDAY

52° | 36°

Slight Chance Rain
then Mostly Sunny

WEDNESDAY

48° | 39°

Partly
Sunny

THURSDAY

50° | 43°

Partly
Sunny

FRIDAY

53° | 39°

A chance
of showers.

Bloomberg admits he was wrong, apologizes for 'stop and frisk' - NY Times

Reversal issued while considering presidential bid.

Former New York Mayor Michael Bloomberg admitted he was wrong to support the "stop and frisk" police practice that ensnared disproportionate numbers of blacks and Latinos, apologizing to a largely African-American church on Sunday as he weighs a presidential bid.

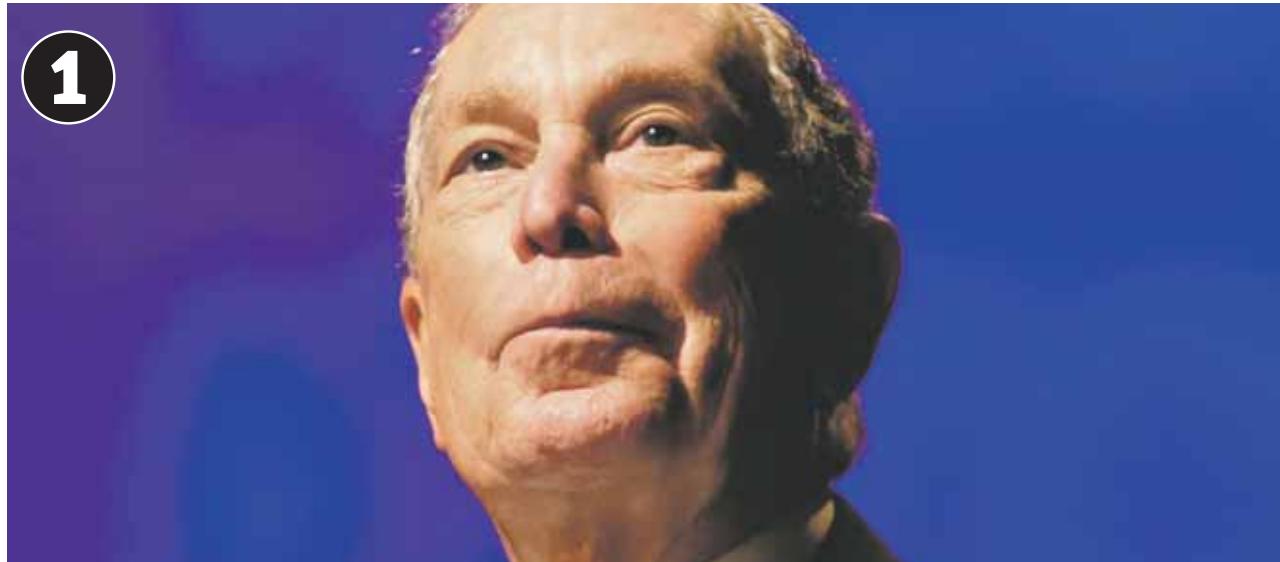
"I was wrong. And I am sorry," Bloomberg told the Christian Cultural Center, the New York Times reported, describing the center as a black megachurch.

His reversal comes as he considers whether to compete for the Democratic nomination for president, a contest in which African-American voters are highly influential.

684K

The practice stopped and frisked more than 684,000 people at its peak in 2011.

Bloomberg, 77, has



Michael Bloomberg. GETTY IMAGES

not formally entered the 2020 race, with the months-long nominating contests starting in February, but he has taken steps to get on the ballot in states with early filing deadlines.

The self-made billionaire who served 12 years as New York mayor had long defended stop and frisk as an effective police tactic that saved lives, even after a federal

judge in 2013 found it violated the rights of ethnic minorities.

The practice stopped and frisked more than 684,000 people at its peak in 2011, ostensibly in many cases to search for illegal weapons. But the non-profit Center for Constitutional Rights conducted a study that found blacks and Latinos were nine times more likely than white people

to be stopped in 2009. The searches sometimes turned up low-level offenses such as drug possession that otherwise would have gone unnoticed.

Bloomberg told the congregation the policy eroded trust with the public and he aimed to earn back that trust, the Times reported.

"Over time, I've come to understand something

that I long struggled to admit to myself: I got something important wrong. I got something important really wrong. I didn't understand back then the full impact that stops were having on the black and Latino communities. I was totally focused on saving lives, but as we know, good intentions aren't good enough," Bloomberg said.

If Bloomberg does enter the race, he will be the fifth most-popular candidate, and his presence may draw more support away from former Vice President Joe Biden than others, a Reuters/Ipsos public opinion poll found.

The Nov. 12-14 national poll found that 3% of Democrats and independents said they would vote for Bloomberg. REUTERS

Protesters regain control of third bridge in Baghdad

2 Iraqi protesters regained control of a third bridge leading to Baghdad's Green Zone on Sunday, taking further ground in the biggest wave of anti-government demonstrations in decades. Security forces used tear gas and stun bombs to prevent protesters from getting right across Ahrar Bridge in central Baghdad, part of a weeks-long attempt to disrupt traffic and reach the Green Zone housing

government ministry and embassies. Protesters made a barricade of old cabinets, trash cans and metal sheeting on the bridge while security forces took positions behind blast walls installed to prevent protesters from crossing to the other side. Protesters who choked on the tear gas were evacuated by tuk-tuk, a Reuters cameraman said. On Saturday, Iraqi demonstrators reoccupied part of Sinaq Bridge. REUTERS

'Ford v Ferrari' races to first place

3 "Ford v Ferrari" left its box office competitors in the dust as Disney's historical sports drama sped its way to \$31 million in North America. Directed by James Mangold and starring Christian Bale and Matt Damon, "Ford v Ferrari" debuted ahead of expectations, thanks to strong word-of-mouth from moviegoers. However, those ticket sales weren't enough to offset disappointing starts from fellow high-profile



newcomers, "Charlie's Angels" and "The Good Liar," pushing the domestic box office down over 6% from last year, according to Comscore. REUTERS

Russia says it will return captured naval ships

4 Russia will return three captured naval ships to Ukraine on Monday and is moving them to a handover location agreed with Kiev, Crimea's border guard service was cited as saying by Russian news agencies on Sunday. A Reuters reporter in Crimea earlier on Sunday saw coastguard boats pulling the three vessels through the Kerch Strait toward the Black Sea where they could potentially be

handed over to Ukraine. Ukraine has been pushing for their return as a good will gesture from Moscow ahead of a possible four-way peace summit on eastern Ukraine next month. "In accordance with agreements reached with Ukraine three Ukrainian ships are being towed to a location agreed with the Ukrainian side. The handover, will take place on Nov. 18," Crimea's border service said. REUTERS

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CAPSTONE

Four firefighters sustained injuries while battling blaze.

HOLDEN WALTER-WARNER
Holden.Walter-Warner@metro.us

A violent altercation in the Tompkinsville neighborhood of Staten Island drew responses from both the police and the fire department Saturday evening.

The Staten Island Advance reports a man allegedly stabbed his wife before setting their house on fire just before 7:30 p.m. on Saturday. The New York Post adds that the man leapt out the window while the house was burning, seriously injuring himself.

Both were reportedly taken to the Richmond University Medical Center

Staten Island man assaults wife before burning down home



ISTOCK

in West Brighton, where the wife was listed in stable condition and the husband was listed in critical condition.

The Staten Island Advance stated more than 60 firefighters responded to the fire at the home, which is believed to have originated on the second floor. The NYPD reports the fire began after the alleged stabbing.

A neighbor across the

street claimed the wife came to her door after the incident.

"She came to my door," Annie O'Hara told the Post. "Her husband had stabbed her. She said he was setting the place on fire. She came in and had dried blood on her legs. I just had to sit her down. She was in shock."

The fire did not take too long to corral, as the FDNY had it under control

by 8:15 p.m. Unfortunately, four firefighters were injured while attempting to tame the blaze; they were taken to a hospital with minor injuries.

Parts of Monroe Ave. were blocked off as a result of the fire. The house, meanwhile, was completely destroyed.

On Sunday morning, the Post named 49-year-old Rogelio Mendez-Rodriguez as the man responsible for the attack and damages, adding he allegedly choked his wife in addition to stabbing her. He was charged with a number of crimes, including strangulation, assault, arson, reckless endangerment, criminal possession of a weapon and criminal obstruction of breathing.

According to neighbors of the couple, they share a college-aged son.

NY adoptees can receive a certified birth certificate at 18

Governor Cuomo signed new legislation, allowing for 18-year-old adoptees to receive their certified birth certificates.

Gov. Cuomo hopes that this helps ensure that adoptees are provided the right to information about their birth and biological parents.

Governor Cuomo said in a press release, "Where you came from informs who you are, and every New Yorker deserves access to the same birth records - it's a basic human right."

Cuomo added, "For too many years, adoptees have been wrongly denied access to this information, and I am proud to sign this legislation into law and correct this inequity once and for all."

This new legislation removes the right of government officials to restrict the type of information available for adopted persons. It also removes previous barriers about ad-

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MONDAY, NOVEMBER 18, 2019



GETTY IMAGES

opted persons' biological parents in hopes that the medical data can be used to prevent disease and/or death.

The new law also allows an adopted person's representatives or descendants to get access to the birth certificates if the adoptee is deceased.

The new law has garnered the support of quite a few officials.

Assemblyman David I. Weprin said in a press release, "The signing of this adoptee rights bill is a momentous step forward for adoptees across New York State." BECCA GLASSER-BAKER



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**The
Economist**

In Trump-Nixon impeachment comparison, Pelosi raises specter of resignation

Nixon famously resigned after the Watergate scandal.

U.S. House Speaker Nancy Pelosi is amplifying her unfavorable comparison of President Donald Trump to fellow Republican Richard Nixon, saying that disgraced president at least cared enough about the country to leave office before his impeachment.

The top Democrat in Congress told reporters last week that Trump's pressure on Ukraine to investigate one of his potential opponents in the 2020 election "makes what Nixon did look almost small."

In a CBS interview broadcast on Sunday, she alluded to Nixon's resignation after the Watergate scandal involving a break-in at Democratic Party headquarters and the subsequent cover-up.



Speaker of the House Nancy Pelosi (D-CA).

was not impeached.

He is the only U.S. president who has resigned from office.

Pelosi for months resisted calls from her more liberal Democratic lawmakers to initiate impeachment proceedings, but said Trump's call with Ukrainian President Volodymyr Zelensky compelled her to open the inquiry against the president.

Since launching the proceedings on Sept. 24, Pelosi has not been in the room as the House Intelligence Committee held public hearings on Trump's impeachment. However, her voice is loud and clear on the outside, where she drives messaging in a nuanced but sharp manner.

Her Nixon comparison came amid the trial of longtime Trump ally Roger Stone, a self-proclaimed "dirty trickster" who worked for Nixon's

Nixon, whose name has become synonymous with scandal and ignominy for many Americans, resigned in 1974 after the House Judiciary Committee approved articles of impeachment against him but before the full House voted on the issue, and he

re-election campaign and has Nixon's face tattooed on his back. Stone was convicted on Friday of lying to Congress, obstruction and witness tampering during the investigation into Russian

dence at all that the president did anything criminal or illegal? And the answer is no," Republican U.S. Representative Chris Stewart said on ABC's "This Week."

The president has "ev-

"If he has information that is exculpatory - that means ex, taking away, culpable, blame - then we look forward to seeing it."

Speaker of the House Nancy Pelosi

interference in the 2016 U.S. election.

Trump and his supporters have attacked the impeachment probe as politically motivated. Trump says his call with Zelensky was "perfect" while Republican lawmakers criticize the impeachment process as unfair.

"Do you have any evi-

ery opportunity to present his case," Pelosi told CBS, including coming before the intelligence panel.

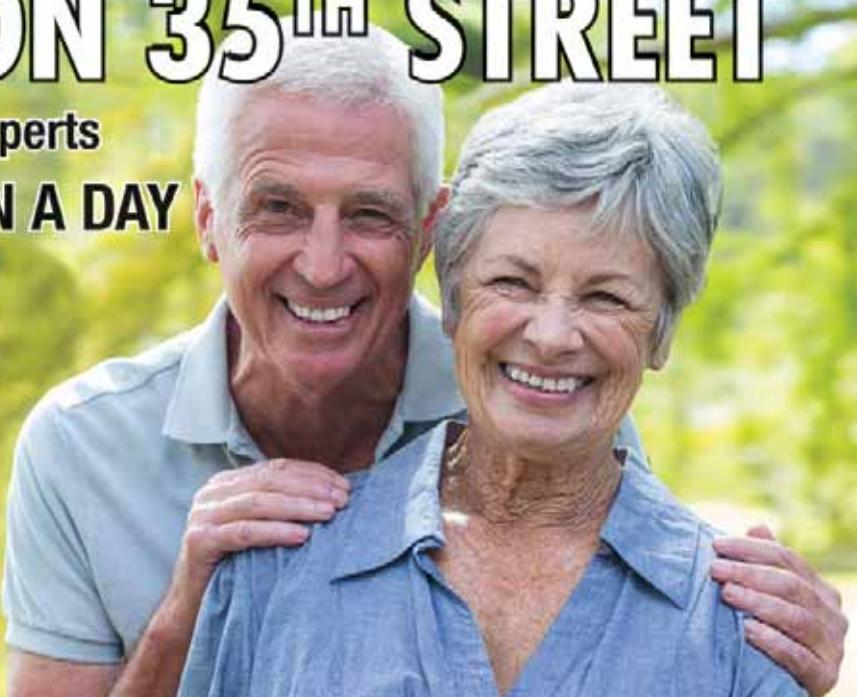
In the CBS interview the House speaker called Trump an "impostor" whose insecurity drove his real-time Twitter attack on former U.S. ambassador to Ukraine Marie Yovanovitch. REUTERS

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Police fire a water cannon during clashes with anti-government protesters, outside Hong Kong Polytechnic University (PolyU) in Hong Kong, China.

REUTERS

Hong Kong police threaten to use live bullets as standoff with protesters escalates

Protestors allegedly fired arrows and threw petrol bombs at police Sunday.

Hong Kong police threatened on Monday to fire live bullets if "rioters" did not stop using lethal weapons in the latest flare up during anti-government protests that have convulsed the Chinese-ruled city for five months.

The police statement followed fresh clashes outside a university in the center of Hong Kong where protesters were hunkered down behind makeshift shields and hurled petrol bombs at police in a standoff blocking a vital tunnel link.

Police had said on Sunday one officer had been treated in hospital after being hit in the leg by an arrow and another had his visor struck by a metal ball, although he was not hurt.

The violence in the Asian financial hub has posed the gravest popular challenge to Chinese President Xi Jinping since he came to power in 2012. Xi has said he is confident Hong Kong's government can resolve the crisis.

In Monday's statement, police warned people who they described as rioters to stop using lethal weapons to attack officers and to halt other acts of

violence, saying office would respond with force and possibly live bullets if necessary.

Police have used live rounds in a few isolated incidents in the past.

Demonstrators, angry at what they see as Chinese meddling in the former British colony which has had autonomous status since returning to Chinese rule in 1997, have said they are responding to excessive use of force by police.

"We haven't fought back as much as we could. I would be prepared for jail. We are fighting for Hong Kong."

Joris, 23, civil engineer

The protesters have been reacting to the police," said Joris, 23, a civil engineer who like others did not give his full name.

"We haven't fought back as much as we could. I would be prepared for jail. We are fighting for Hong Kong."

Beijing denies interfering in Hong Kong's affairs and has blamed foreign

influences for the unrest.

In the road leading to Hong Kong Polytechnic University, police vehicles with water cannon advanced on barricades set up by protesters but pulled back when petrol bombs were thrown. The standoff blocked the tunnel linking Kowloon to Hong Kong island.

"We've been trapped here, that's why we need to fight until the end. If we don't fight, Hong Kong will be over," said Ah Lung, a 19-year-old protester.

Many protesters wore gas masks or tied handkerchiefs over their mouths and noses to protect them from clouds of tear gas that lingered in the air. Some had stripped down to their underwear, after earlier dousings from water cannon that witnesses said contained an irritant.

Police had said on Sunday that police had fired a bullet but did not give details about the latest use of live ammunition. Police had shot and critically wounded a protester on Nov. 11.

Chinese soldiers in a base close to the university were seen on Sunday monitoring developments with binoculars, some dressed in riot gear, Reuters witnesses reported.

Chinese troops in shorts and T-shirts emerged from their barracks on Saturday to help clean up debris. REUTERS

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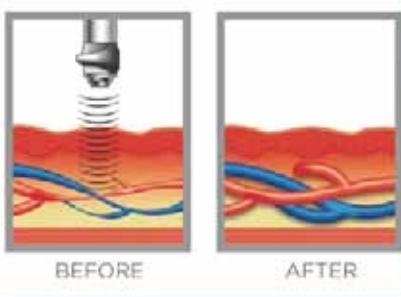
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U.S. Defense Secretary Mark Esper and South Korean Defence Minister Jeong Kyeong-doo hold a joint news conference after the 51st Security Consultative Meeting (SCM) at the Defence Ministry in Seoul, South Korea. REUTERS

U.S., South Korea postpone military drills in bid to bolster North Korea peace

Drills were to be simulated air combat scenarios.

The United States and South Korea said on Sunday they will postpone upcoming military drills in an effort to bolster a stalled peace push with North Korea, even as Washington denied the move amounted to another concession to Pyongyang.

The drills, known as the Combined Flying Training Event, would have simulated air combat scenarios and involved an undisclosed number of warplanes from both the United States and South Korea.

In deference to Pyongyang, the exercises had already been reduced in scale and scope from previous years, but North Korea still objected to them regardless.

Hours after the announcement, U.S. President Donald Trump added a note of urgency by tweeting a direct message to North Korean leader Kim Jong Un, with whom he has met three times to get the reclusive state to give up its nuclear weapons program.

In his tweet, Trump told Kim, "You should act quickly, get the deal done," and hinted at a further meeting, signing off

"See you soon!"

North Korea said on Thursday it had turned down a U.S. offer for fresh talks ahead of a year-end deadline Pyongyang has set for Washington to show more flexibility in negotiations.

U.S. Defense Secretary Mark Esper said the U.S. and South Korean militaries would remain at a high state of readiness despite the move, and denied that the decision to postpone

Trump has been accused by critics in Congress of being too willing to grant concessions to Pyongyang, without getting enough in return. Trump says he has secured a halt in North Korea's intercontinental ballistic missile and nuclear tests, significantly lowering fears of war.

The postponed drills were meant to begin in the coming days.

"We encourage the DPRK to demonstrate the same goodwill as it considers decisions on conducting training, exercises and testing."

U.S. Defense Secretary Mark Esper

the drills was a concession to North Korea.

"I don't see this as a concession. I see this as a good faith effort ... to enable peace," Esper told reporters, as he announced the decision alongside South Korean counterpart Jeong Kyeong-doo in Bangkok, where Asian defense chiefs are gathered for talks.

"I think creating some more space for our diplomats to strike an agreement on the denuclearization of the peninsula is very important."

Earlier this month, a senior North Korean diplomat blamed the U.S. joint aerial drill for "throwing cold water" over talks with Washington. Pyongyang regularly opposes such U.S.-South Korean joint military exercises, viewing them as a rehearsal for invasion.

Still, it was unclear whether the decision by Washington and Seoul would kickstart talks with Pyongyang. Esper said he hoped North Korea would respond to the gesture.

REUTERS

Suspected gunman, 16, in California high school shooting dies in hospital

A teenage boy who killed two classmates and wounded three others at a southern California high school on his birthday before shooting himself in the head died on Friday of his wounds in hospital, the Los Angeles County

Sheriff's office said. "Nathaniel Tennosuke Berhow, 16, a Junior at Saugus High School, was being treated for a self-inflicted gunshot wound to the head, when he succumbed to his injuries. His mother was present at the time of his passing," the sheriff's office said in a written statement.

“We did not find any manifesto, any diary that spelled it out.”

**Alex Villanueva,
Los Angeles County
Sheriff**

The boy was carrying out a deliberate plan when he shot five students, a fair condition, a hospital spokeswoman said early on Friday.

when he shot five students at his California high school, then turned the gun on himself, a local sheriff said on Friday, but authorities said they had no clues about what sparked the bloodshed.

Two of the other five students who were shot in the Thursday morning attack at the school in Santa Clarita died of their wounds.

"We did not find any manifesto, any diary that spelled it out," Los Angeles County Sheriff Alex Villanueva said at a briefing.

The gunman was publicly identified by law enforcement for the first time on Friday as Nathaniel Tennosuke Berhow.

Berhow initially survived his self-inflicted gunshot wound but died at a local hospital on 3:32 p.m. on Friday, according to the

on Friday, according to the sheriff's department.

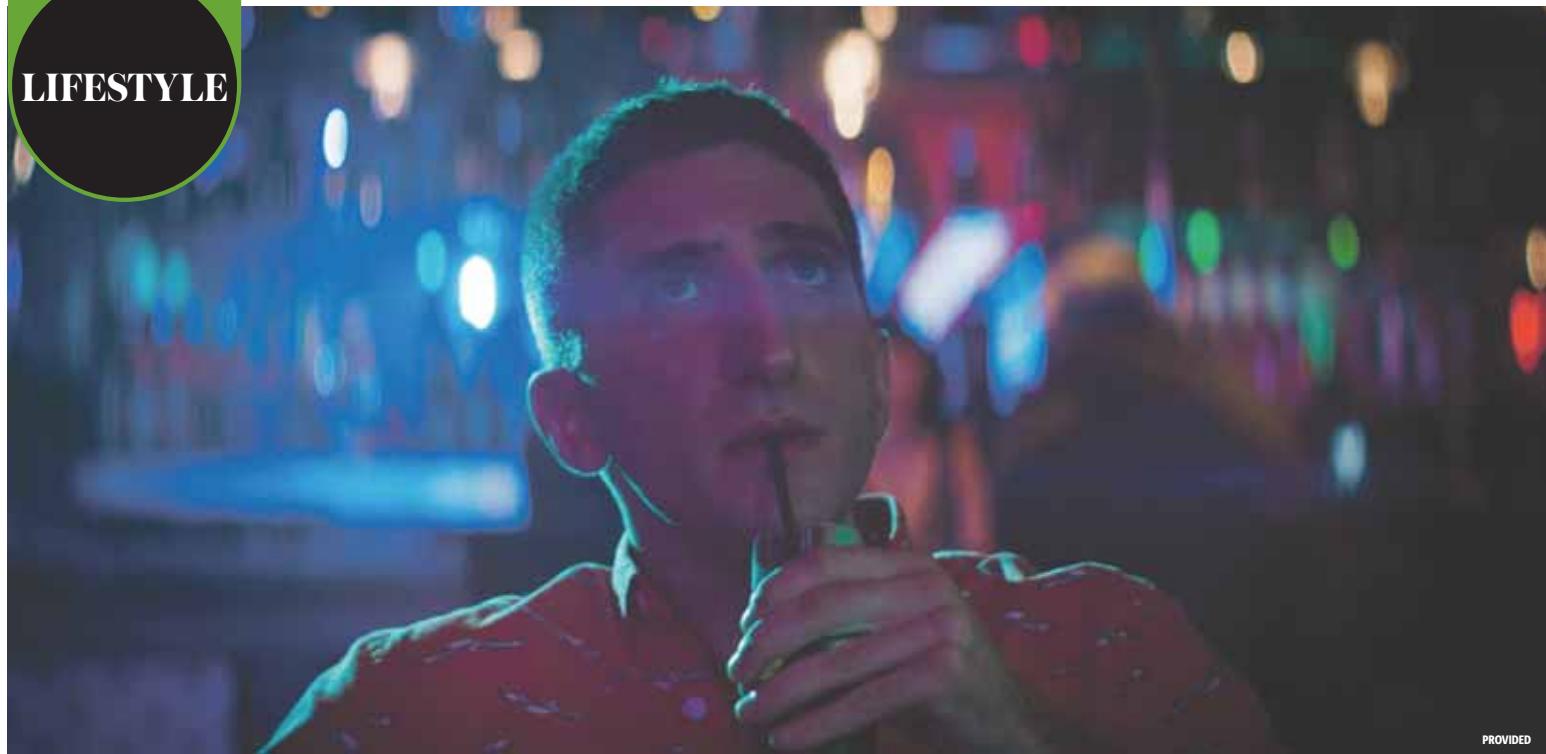


L.A. County Sheriff's Department (LASD) Special Enforcement Bureau (SEB) members are pictured after a search following a shooting at Saugus High School in Santa Clarita, California.

REUTER'S

A woman with shoulder-length grey hair, smiling warmly at the camera. She is wearing a light-colored, long-sleeved top and a necklace with small, colorful beads. To her left is a large orange rectangular graphic containing the text 'CARING HAS A PLAN.' in white, bold, sans-serif capital letters. Below this, in a smaller white font, is the text 'She has a name.' and 'Her health plan actually knows it.' To the left of the woman, at the bottom, is another large orange rectangular graphic containing the text 'SEE WHAT'S POSSIBLE WHEN HEALTH CARE GETS PERSONAL.' in white, bold, sans-serif capital letters.

LIFESTYLE



PROVIDED

Living life recklessly extravagant

Aaron Fisher talks debut film he wrote, directed and stars in, "Inside the Rain."



MOLLY GIVEN
Molly.Given@metro.us

There are periods in our lives where we get inspired or even feel the need and desire to tell a story, sometimes without even knowing what that story exactly is. For Aaron Fisher, this sentiment rang true in an extreme way. Living with bipolar disorder, Fisher is used to feeling intense emotions and motivations, and when he set out to write his first feature film "Inside the Rain" (which he also starred in and directed), he needed to find a way to tell that story while also working on one of the hardest challenges someone can go through — figuring out yourself.

"Inside the Rain" follows the story of Ben (Aaron Fisher), who suffers from an array of mental illnesses including bipolar disorder. When Ben is kicked out of school, he falls into a spiral of depression and then finds determination to clear his name. Throughout

the process, he meets the beautiful and outrageous Emma (Ellen Toland) and together, the two work together to prove Ben's innocence, while also growing closer in the adventurous process.

Fisher sat down with Metro to discuss the film, his inspirations and why it took some time for him to figure out exactly what story he needed to tell.

What first inspired you to write this film?
It's a complicated answer because when I set out to make this movie, the first thing I wanted to do was to make a film that was like "The Graduate." At that time, I was feeling a lot like Benjamin Braddock, but while writing, it became more and more autobiographical. I originally thought I could write a feature film in a few months, and it turned out to take four years. After the first three or four months of writing the film, I was actually bummed out because I thought the script was bad and a bit of a cliche. It was more like there was perspiration than inspiration. I got so depressed actually that I voluntarily checked myself into a psych ward, which was not fun at

all. After I got out of the psych ward, the basic idea of the student having a hearing at his school came up to me, and it sort of started going from there — if there was any sort of eureka moment, it was that.

How do you balance directing and acting in the film as well?

As an actor in a scene, I'm not analyzing my scene partner's performance. Because if I do, I'm no longer playing the part, I'm then a director looking and analyzing someone else and that would just take me out of the scene and put me in my own head when I should be in the moment and spontaneous. I would look at playback on set though to see if I actually liked the take from the camera's point of view. That in itself can be tricky, because when you watch yourself act on-screen, especially if you just did it, you just have such a negative view of everything that you did. I think a lot of actors are like that, they can't watch themselves on-screen. As far as directing, I rehearsed a lot of scenes with my acting coach and teacher, so we were getting a lot of feedback

from him. We rehearsed way before we were on set, that's unusual to have that. With some of the stars though, we weren't able to make that happen, but like with Ellen Toland, we started rehearsing two or three weeks before shooting and that was really fun. I also feel like I'm directing beforehand with scenes. Rosie Perez asked me a lot of questions before we did scenes about how I wanted the scene to fit into the movie — just very insightful questions. I was happy that she did that. I also relied on a sixth sense to tell if the scene was going well or if it was going bad. But that was really just based on instinct and past experience.

The term 'recklessly extravagant' is used a lot to describe Ben, why was that phrase an important part of the story?

As someone who is bipolar and who has manic episodes, I view the manic episodes as being recklessly extravagant. When you're spending money, you're spending all of your money or when you're dating, you're all in. Everything is just to the most extreme extent. It tied into the

story that Ben tells about Odysseus as well. When he sleeps, he sleeps for ten days and when he has sex, he has sex with the best sex goddesses. I was tying things together, with screenwriting there is a lot of payoff — you plant things early on and there is payoff later. Since the script is loosely autobiographical, it just tied in that way and became more organic. When I was writing the script, I was struggling with how to write about the most painful and traumatic experiences in my life. That was scary, but I did it because of the story — I didn't set out to make it autobiographical, in fact, I tried really hard not to. I just knew I had a story to tell and that's what it felt like and where it went.

Overall, what do you hope audiences take away from the film?

There's the main theme in the movie which is being inside the rain and that image. I saw the rain as being a situation where you're soaked in the rain and miserable, or you could be in that same situation and it can be euphoric because you're just excited to be there. For me, that was a metaphor for being bi-

polar. People get normal depression by something that's happening to them, with bipolar depression, it's literally just chemical imbalances in the brain. People were asking me what's going on, and there's nothing going on, I'm just miserable. I saw the rain as that situation, and I got the rain image from the Bob Dylan song "Just Like a Woman" and the line "Nobody feels any pain tonight as I stand inside the rain." I heard that and I thought, 'That's the image, that's the climactic scene.' I just decided it then and there. The rain is also the tears Ben wanted to cry but couldn't. It's very personally meaningful for me. With bipolar disorder, you could be really happy or really miserable, given the exact same circumstances. But I also want the film to be open to interpretation as I think all art should be. I want people who are not bipolar or who don't have a mental illness to be able to relate to the story. They can interpret it for themselves.

Catch "Inside the Rain" opening up the Big Apple Film Festival at the Cinepolis Theater on Nov. 18 at 8 p.m.

Why Aren't Doctors Telling Knee Arthritis Sufferers About These Two Often Successful Treatments?

Two Advanced Medical Treatments Every Knee Arthritis Sufferer Needs To Know - Before Or After Knee Replacement Surgery

NYC - If you suffer with knee arthritis pain, you have probably already tried *many* treatments... especially countless pain medications. With minimal or no results

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis *a lot of knee arthritis sufferers have never heard of*.

Before we get into the two treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the state to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: There is no cure for arthritis. But there are *these* two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

#1 Viscosupplementation

Here's what you need to know about viscosupplementation - the good and the bad...

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee. In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors

precisely inject directly into the knee joint.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the formula will not get into the knee joint and the treatment will not work.

That's why the experts at **NYC Pain MD** use advanced digital imaging so they visually guide the injection accurately into the knee joint during the treatment.

Research shows that performing joint injections without imaging miss the joint as much as 30% of the time.

If you have had prior viscosupplementation without this special digital imaging without good results - this may be the exact reason why.

That's why NYC Pain MD even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation "medicines" also come in several different formulas.

Just like all medications, some people respond better to one than another. While many doctors only use one formula, the experts at NYC Pain MD use several and great effort is taken to figure out what the best one is for you.

What Should You Do If Viscosupplementation Fails?

#2 Radiofrequency Neurotomy

This treatment is called, "Radiofrequency Neurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "Genicular nerves."

Radiofrequency waves are delivered to the Genicular nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (GRF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a post-procedure adverse event during the follow-up period. RF neurotomy of

Advanced Imaging Allows Doctors To Pin-Point Treatments And Relieve Knee Arthritis Pain

Advanced Imaging allows doctors to successfully inject special lubricating gel directly into knee joint relieving pain



Failed treatment: Knee injection done without advanced imaging lubricating fluid completely misses the joint space



Science rescues knee arthritis sufferers? Research shows joint injections done without advanced imaging misses the joint about 30% of the time. Now doctors can put lubricating fluid directly into the arthritis joint that may alleviate pain and restore function to many.

Genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication, physical rehab or viscosupplementation do not offer good enough results.

RF may be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

But - RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure may be the only thing that helps and give you after surgery relief.

What To Do Next If You Are In Pain

NYC Pain MD offers a limited number of complimentary knee arthritis screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NYC Pain MD**. If you would like to schedule a screening, just call 877-380-8537.

The screenings fill up fast every month. This screening is no cost and there absolutely no obligation.

More good news: for qualified candidates, insurances and Medicare often cover these treatments.

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“Society tends to give us roles that do not correspond to our essence”

KATHRYN HAHN

The American actress plays a divorced woman who tries to start a new life in 'Mrs. Fletcher,' HBO's comedy miniseries based on the novel of the same name by Tom Perrotta. The 46-year old chatted with Metro about the project.

How do you feel about the show?

I'm really excited. It's hard for me to look at the final product clearly when it comes to my own work, but the experience has been great. I'm very proud.

Tom Perrotta, creator of the series, said your collaboration was very important as you were recording while the #MeToo movement was all over the news.

That's interesting. [The] #MeToo movement is still going on and still very much alive and noisy. There's still a lot more to say. After my first meeting with Tom,

I really felt that this was a story told from two different perspectives, that of the mother and the son. I found that interesting. To do that, Tom surrounded himself with very strong women. It was very important to me that he understood that it was necessary to have in the team the fabulous producer Helen Estabrook and a writers room full of women.

Have you read the book?

No. I just had a pilot script and a meeting with Tom. We met, had a drink together somewhere in Santa Monica and had an incredible



HBO

talk about things that interested us mutually. That's how the show was born.

Were you intrigued by the character of Mrs. Fletcher?

Yes! I have a lot of empathy for this woman loaded with so many labels and identities that society put in her. After the divorce, she was still called Mrs. Fletcher, but

it was an identity that should have disappeared ten years ago. I know a lot of women who still have surnames of their husbands. Isn't that strange? But I think it's changing now. Society tends to give us roles that do not correspond to our essence.

How did you prepare for this role?

I only had a couple of

dinners with Jackson [White], the incredible young man who plays my son, Brendan. But we really got lucky and found the chemistry. It was the same with the rest of the cast. They were all great. I think we were lucky. And we have formed such a beautiful cast, so unique and perfect. I am so in love with each one of them. [*Laughs*]

JOSE BARRETO MWN
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Allah-Las find inspiration in the record crates

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We spoke with guitarist Miles Michaud about recording, digging and the band's new album, 'LAHS.'

PAT KING
patrick.king@metro.us

It was bound to happen. I just didn't know it would happen so quickly. When I got on the phone with Miles Michaud, the guitarist of the garage rock band Allah-Las, he was at home in Los Angeles sorting through some records he had recently purchased. For any fan of the band, part of the their music is being able to trace down the influences they are pulling from. They can jump from surf-rock, psychedelia, folk and rock underneath the hood of a single song. Allah-Las are crate diggers down to the bone, and their endless pursuit of new music is an infectious sense of adventure that is transferred to their fans.

"I think there's always an interesting element to discovering something new and something that, maybe, not a lot of people are

familiar with and is good. There is a lot of stuff that people may not know that is ... not good," says Michaud with a laugh. "Actually, we've been talking a lot about how we're eager to get back out to Europe because there are so many records out there that are way more expensive or not available here. There's a lot of stuff to catch up on that we've discovered or heard of since we've been out there and want to try to find when we get back ... record shopping. That's why we do the whole thing!"

The band is currently out on the road supporting their newest record "LAHS", out now on Mexican Summer records. Unlike past records, "LAHS" has a more free-flowing and improvisational feel to it. This feeling can be attributed to the band's time off the road since their last release, 2016's "Calico Review," and moving into a brand new spacious recording and rehearsal space that helped them to spread out and experiment.

"We rented out a space in this building in downtown Los Angeles. It's got a bunch of rehearsal and recording studios in there. It's got one that overlooks the river and the downtown skyline. We've been in there for two years and just started throwing out different licks and

out. We took our time with it and actually enjoyed the time being home for a bit instead of rushing to get a record out and getting back out on the road."

As the band hits the road, they will be playing some of the biggest venues of their career. It's something that Michaud is surprised by, but can enjoy even with his own suspicions.

"So far it's been good! I imagine that won't always be the case. You've gotta keep your fingers crossed. It's funny, every time we do a big tour like this, even the last one we did in the Midwest, there were no tickets being sold ahead of time. We were like, 'Oh god, this is it. This is the end.' But by the time we got out there, the rooms were full and a lot of people showed up and it was a lot of fun. You get nervous about that sometimes and think maybe this one will be the last one, but so far it's been good to us. We're pretty grateful for that."



ideas," says Michaud. "It was the first time where we didn't really have a strict timeline, which was what we hoped for. The main reason that we got this space was that it was just going to be open and we could take our time making the record. We didn't feel rushed or pressured to get something

Catch Allah Las Nov. 20 at Brooklyn Steel.

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried many treatments... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will

help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

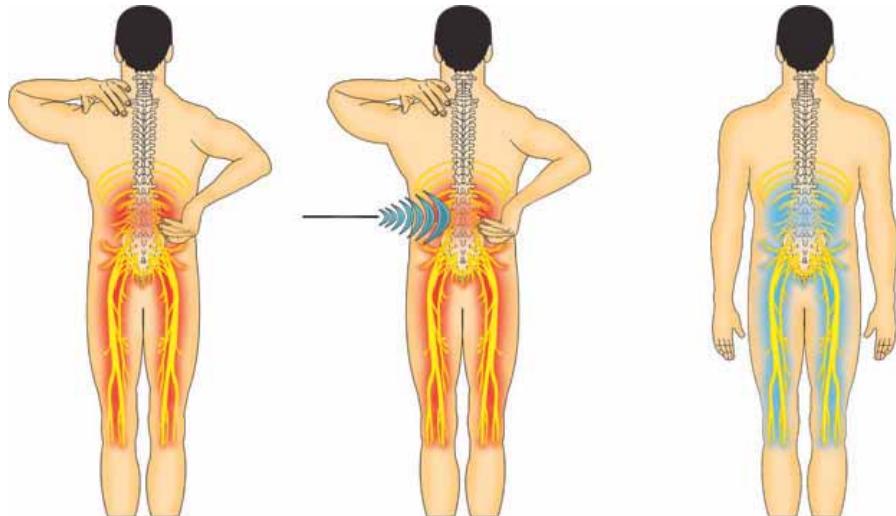
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months.... 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgeon-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the **NYC Pain MD** treatments can be done in out in-office procedure suites saving you stress, time and dollars. **NYC Pain MD** believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NYC Pain MD**. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.



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EDUCATION



Could the disappearance of 'likes' improve our emotional stability?

Social networks are the most popular platforms on the web. Millions of people interact there on a daily basis and one of the main tools they are using are the so-called 'likes' to support a post. However, it is possible those could soon disappear. Metro investigates why this could happen and what benefits or problems it could bring. DANIEL CASILLAS MWN

In the last decade, social media has become a very important part of our lives. According to the Global Digital Report 2019 by We Are Social and Hootsuite, the number of Internet users in 2018 reached 4.39 billion, 9 percent more than the previous year, while the number of those using social media in 2019 is 3.5 billion, with the worldwide total growing by 288 million (9 percent) versus the same period the previous year.

People also spend a considerable amount of time on social networks and it is constantly increasing. GlobalWebIndex reports that the average social media user now spends 2 hours and 16 minutes each day on those platforms (versus 2h 15m last year).

As popularity of social media continues to rise, emotional problems surrounding these platforms grow as well. Facebook and Instagram could possibly remove

'likes' with the aim of supposedly improving the mental stability of its users.

Indeed, several studies suggest that social media such as Instagram can negatively affect mental health. In 2017, a report by the Royal Society for Public Health in the United Kingdom ranked Instagram as the worst social network for the mental health of young users in that country.

That research suggested that those spending

more than two hours per day on social networking sites such as Facebook, Twitter or Instagram are more likely to report poor mental health, including psychological distress (symptoms of anxiety and depression).

And an important part of mental health among social media users depends on the 'likes' that their posts on those platforms receive. A study published in the Psychological Science journal showed how researchers scanned teens' brains while they used social media. The results suggested the same brain circuits that are activated by eating chocolate and winning money were activated when teenagers see large numbers of 'likes' on their own photos or the photos of peers.

According to specialists, the 'likes fever' on social networks can be explained as a 'Vanity Validation.'

"What is occurring is what I call 'Vanity Validation.' The person you

portray on your networks and the true you, for some, creates a double consciousness. Your lauded self on social media is constantly seeking more validation through electronic 'likes,' not life experiences. This 'living for likes' or 'doing it for the 'gram' creates an obsession on the need to feel validated which can result in discrediting yourself," Clarissa Silva, behavioral scientist/relationship coach and creator of Your Happiness Hypothesis Method, explained to Metro.

It is precisely this obsession with 'likes' that has led social media such as Facebook and Instagram to raise the possibility of eliminating them.

Instagram has already hidden in seven countries the public counter of 'likes' and video views so users only see photo and comments, while Facebook in Australia and Vietnam tries to not show 'likes' and reactions at all.

"We want Instagram

to be a place of personal expression where people feel comfortable," Mia Garlick, director of Facebook Australia and New Zealand, said in a statement. "The goal is for your friends to focus on the photos and videos you share, not the amount of 'likes' you get."

But could this disappearance of 'likes' work in helping improve users' emotional stability? Specialists believe it could be beneficial, but point out that the real solution is even more complex.

"Removing 'likes' can curtail some of the negative effects on mental health and well-being. But that's just one aspect of destructively comparing themselves to others; seeking validation through documenting your life is still the burden society faces," Silva concluded. "Taking a break from social media can help reduce the dependence on living for electronic 'likes.'"

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While in many cities around the globe, the subway is synonymous with stress and claustrophobia, students at The Polytechnique Montréal engineering school in Canada have managed to achieve the opposite.

HENRI OUELLETTE-VÉZINA MWN
letters@metro.us



PHOTOS: HENRI OUELLETTE-VÉZINA

Inside the Claudette-MacKay-Lassonde and Pierre-Lassonde pavilions of the The Polytechnique Montréal, an MR-63 subway car that has been part of the network of the Montreal Transit Corporation (Société de transport de Montréal or STM) for 52 years has appeared. Here it was converted into a space for the "well-being of students" and now raises awareness of mental health problems in the university environment.

"We want it to be a place to escape," Érika Lajeunesse, who's in charge of the Polytechnic Station project, explained to Metro. "Our aim is also to combat stress, anxiety, performance pressure and isolation. There are many foreign students who are alone when they arrive, for example. We want to bring people together."

A total budget of around one million Canadian dollars (\$760k) allowed the student volunteers to think of something "bigger," according to Lajeunesse:

"If we hadn't done it at a small place, no one would have been curious. It was expensive, but we are talking about mental health. That's what is important."

The group made up of about 10 engineering and planning students believes the project can have a significant impact.

"We want to break taboos and be the first to be contacted by those who seek help. For us, it is a starting point, a first milestone for the Polytechnic towards a common project in mental health," one of the students stated.

Recycling

STM president Philippe Schnobb explained that "a few years ago we encountered a small problem of having 133 subway cars that were going to be replaced by blue trains. Solutions had to be found."

That is why in 2016 Montreal Transit Corporation launched a campaign seeking projects to convert MR-63s into something new. The Polytechnic students' idea became

one of the seven finalists selected by the STM out of the thirty proposals. However, it was the only one to keep the wagon intact.

An important operation

For Christine Lessard, project manager for the Polytechnic's Building Department, the installation of the subway car on the third floor of the pavilion was very ambitious.

"It was really amazing, fantastic," Lessard commented. "The structure was already completely assembled. We had to block the streets and create the equipment to bring the wagon here."

The 'operation,' which lasted the whole day, required the opening of the glass wall of the Lorne M. Trottier atrium to install the 17-meter subway car on an immense steel support.

The emblematic wagons were removed from the subway in May 2018. A farewell tour had been made on all four lines of the network.

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SPORTS

Jets take care of Washington for second straight triumph.



JOE PANTORNO

joseph.pantorno@metro.us

The New York Jets are finally clicking under the proclaimed offensive guru that is Adam Gase.

Granted, it has come at the expense of two of the worst teams in the NFC.

The Jets are winners of two straight after a 34-17 beatdown of the Washington Redskins on Sunday afternoon, tying a season-high in points scored in a single game with last week's win over the in-stadium-rival Giants.

Sam Darnold had a banner day against the Redskins, posting a career-high four touchdown passes with 293 yards through the air.

The ground game also saw a boost in Washington, eclipsing the 100-yard mark for the first time this season. A bulk of them came from Le'Veon Bell's 59 yards and Bilal Powell's 42.

New York's defense, though, stole the show in Landover, MD as they dominated Washington rookie quarterback Dwayne Haskins, who posted 214 yards while getting sacked six times.

Three of those came from Jamal Adams fresh off his AFC Defensive Player of the Week honors where he had a pair of sacks against the Giants.

Hot starts have now become commonplace for the Jets, as they scored a touchdown on their opening drive for the fourth consecutive game.

Darnold went 4-for-4 for 57 yards during New York's first possession, capping off the seven-play drive with a 20-yard connection to backup tight end Daniel Brown. But

Darnold hits 4 TDs in Jets win



Sam Darnold (left) threw a career-high four TD passes on Sunday. GETTY IMAGES

the Sam Ficken missed the ensuing extra point.

The Jets would outgain the Redskins 145-13 in the first quarter.

After a promising drive was stymied in the Washington red zone early in the second quarter, the Jets were given new life when Ficken was run into by Jimmy Moreland for an automatic first down.

Two plays later, Darnold hit Robby Anderson in the back corner of the end zone from six yards for his second touchdown pass of the day.

Jets turnovers left the door wide open for the Redskins to get back into it, but the sputtering Washington offense provided little threat.

After putting together a clean game against the Giants to break a heinous four-game span that included nine interceptions, Darnold was picked off by linebacker Johnathan Bostick in the Jets' next possession that led to a Redskins field goal.

New York turned it over on their very next touch when Vincent Smith fumbled the ensuing kick-off to give the Redskins the ball on New York's 27-yard-line. Haskins and Co. would pick up a first down, but the drive sputtered on the 11-yard-line only to see

Tres Way miss a 29-yard field goal attempt.

The Jets would extend their lead 17 in the final minute of the half when Darnold and tight end Ryan Griffin picked Washington apart.

The two hooked up for a 45-yard completion to get to the Washington 16-yard-line and finished off the three-play drive with a wide-open touchdown down the left sideline.

It took 43 seconds to go 82 yards.

Darnold set a new career-high with his fourth touchdown pass of the game early in the fourth quarter when he hit a wide-open Jamison Crowder for a 29-yard score.

Playing against his former team on Sunday, Crowder caught five passes for 76 yards.

The Jets defense managed to add a turnover on their sterling resume on Sunday during Washington's next drive when Haskins was picked off by Neville Hewitt.

With their starting position on the five-yard-line, Le'Veon Bell picked up his second touchdown in as many games to tie the Jets' season-high points output at 34.

Haskins and Redskins rookie running back Derrius Guice would pick up their first-career touchdowns with 10 minutes left in the game when the two connected for a 45-yard touchdown pass. It was Washington's first offensive touchdown in 17 quarters.



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Syndergaard not going anywhere, but Mets will need 5th starter this winter

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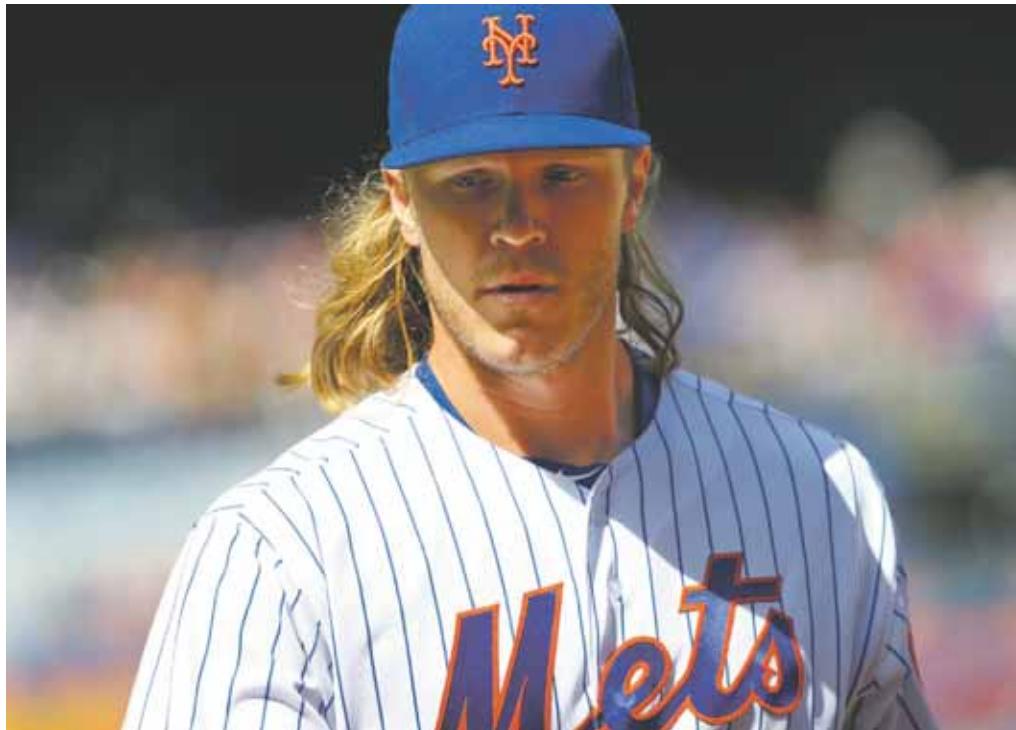
JOE PANTORNO
joseph.pantorno@metro.us

The trade chatter involving Noah Syndergaard has come to a screeching halt thanks to Mets general manager Brodie Van Wagenen's concise declaration earlier this week.

"We have made it very clear that we're not going to engage on Noah," Van Wagenen said. "We have received inquiries, but we have been proactive in letting people know that what I said publicly back earlier this summer, and again in October, that he's going to be with us going forward."

Syndergaard had been the subject of trade talks dating back to the 2018 season when rumors of him being pursued by the Yankees sent the rumor mill into a frenzy — a frenzy that lasted for the better part of 18 months.

The 27-year-old fireballer was believed to be a major chip in a potential three-team trade last offseason that



Noah Syndergaard is off the trade block, according to Mets GM Brodie Van Wagenen. GETTY IMAGES

would have sent him to the Bronx while the Mets got catcher JT Realmuto (now on the Phillies) and the Miami Marlins picked up Miguel Andujar and Gary Sanchez from the Yankees.

Trade talks persisted into 2019 and heated up once again around the trade deadline when the San Diego Padres

were linked to Syndergaard.

Per multiple reports, however, the Padres did not offer enough to coax Van Wagenen and the Mets into making a deal.

Even toward the end of an encouraging — yet disappointing, postseason-less — 2019, there were rumblings that the Mets starting rotation

would see some major changes.

That included the possibility of dealing Syndergaard.

But Van Wagenen's statement made it clear that the Mets are heading toward 2020 with an impressive four-man rotation of Jacob deGrom, Syndergaard, Marcus Stroman and Steven

Matz.

Zack Wheeler looks to be headed elsewhere after turning down his qualifying offer from the Mets. He will test free agency where he is considered one of the top arms on the market.

His impending departure means the Mets will need to add a fifth starter to the mix —

along with the rest of an offseason checklist that includes a natural center fielder and much-needed bullpen help.

It is unclear at this time whether or not the Mets will experiment moving Seth Lugo or Robert Gsellman back into the starting rotation. Lugo had a breakout year in the bullpen but is dealing with a partially torn UCL while Gsellman has struggled in both roles while in New York.

Walker Lockett, Chris Flexen and Corey Oswalt also did little to suggest that they could take over the No. 5 role.

Given the Mets' track record, a high-end pitcher on the free-agent market is out of the question. Especially considering the organization has the two-time defending Cy Young Award winner in deGrom while expecting big things from Syndergaard and Stroman in 2020.

That would take the pipe dreams of Gerrit Cole, Madison Bumgarner, or Stephen Strasburg out of the mix.

More realistic options would include veteran arms such as Tanner Roark, Julio Teheran or Brett Anderson, amongst many others.

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The land of the undersigned applicant, adjacent to the lands applied for, is bounded on the: North by Block 814, Lot 27 – Astoria Energy LLC East by Steinway Place South by 19th Avenue West by Lyster Creek (aka Steinway Creek).

It is the intention of the undersigned to appropriate said land under water by improving the same as follows: The undersigned seeks to perfect title to the lands formerly under water and obtain development rights to contiguous lands currently under water in contemplation of a possible sale of the property

Dated: October 24, 2019

Jennifer Wang
(Applicant)
Steinway, Inc. and Steinway & Sons
c/o Jennifer Wang
1 Steinway Place
Astoria, NY 11105

Michael Bogin
(Attorney for Applicant)
Michael Bogin
Sive, Paget & Riesel P.C.
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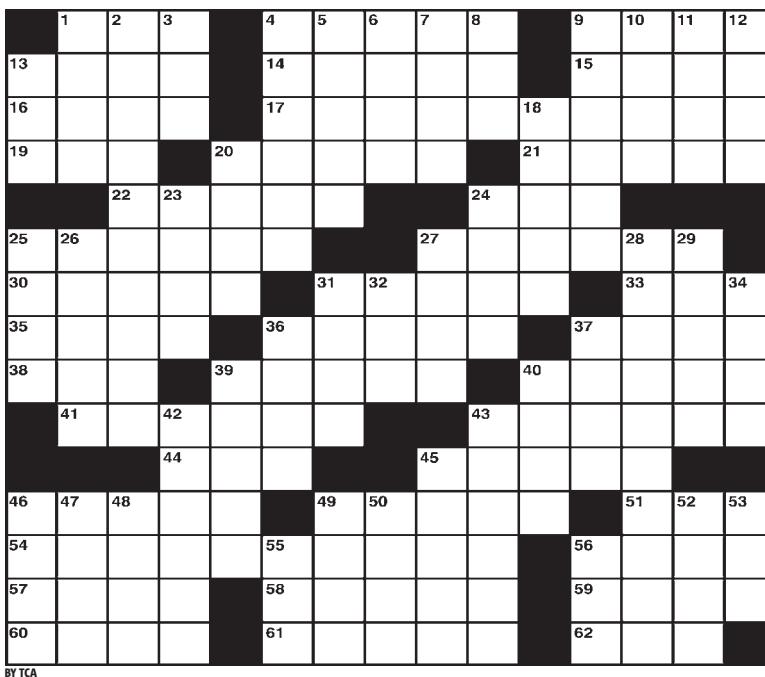
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4 Noisy kiss
9 Scared cat's back position
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14 Indiana's ___ Haute
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21 Cantaloupe casings
22 Know-___; wiseacre
24 ___ "the Good Times";
Ray Price hit
25 NASCAR drivers
27 Solitude lovers
30 Classic by Homer
31 Asks nosy questions
33 Tiny fellow
35 Recessed area
36 Burrito filling, often
37 ___ up; arouse
38 Big antelope
39 Moisten a turkey
40 Wet sticky mud
41 Accompany & protect
43 Few and far between
44 "The ___"; Boston's
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45 Large feather

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46 Chef's accessory
49 Edible sea creature
51 Graduate degree, for
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54 Tracking dog
56 Menial laborer
57 Allows
58 Linda Lavin sitcom
59 Mayberry's sheriff
60 Simple
61 Tenth-graders, familiarly
62 Eyelid ouchie

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1 Primary color
2 Promising a good
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3 However
4 Delays on purpose
5 Olympian's award
6 Provides with a gun
7 Farmer's harvest
8 Nickname for a man
9 Garments
10 Weather forecast
11 Clumsy person
12 Cluckers
13 Policeman
18 Most of the golf clubs
in the bag
20 Deuce or jack
23 Good wood for ships
24 Opponents
25 Jewelry store purchase
26 "Home ___"; Macaulay
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27 Queue
28 Pensioner's period of life
29 ___ down; loses weight
31 Pain in the neck
32 One not to be trusted

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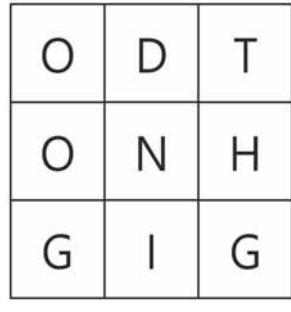


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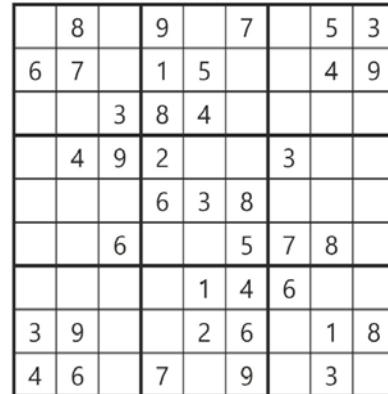


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horoscopes

♈ Aries Gravitate toward activities and projects that you enjoy. Make an effort to improve your fitness and diet regimens. Love and romance will enhance your day.

♉ Taurus Take on anyone who stands in your way. Make adjustments to your schedule to avoid missing out on something entertaining.

♊ Gemini Be open and upfront about your feelings and plans. Sticking to the truth will encourage others to support you and follow in your footsteps.

♋ Cancer Don't lose sight of your destination. Share your intentions and persuade others to get involved. Be exact and factual, and avoid taking on too much.

♌ Leo Look for a new adventure. Using your skills differently will give you a new outlet to explore. Romance will enhance your life.

♍ Virgo Ask questions if something isn't apparent. Keep a close eye on what others are doing. Take charge rather than let someone else make decisions for you.

♎ Libra Make personal improvements. Pampering and relaxation will give you a new lease on life. Say no to anyone trying to persuade you to do something that isn't in your best interest.

♏ Scorpio Discuss your thoughts and feelings. It's important that the people you are dealing with know your plans if you want to get the support you need to be successful.

♐ Sagittarius Personal improvements can be made. Look at the budget you have to work with and concentrate on being and doing your best. Put your energy into things you enjoy doing.

♑ Capricorn Don't expect everyone to agree with you. Be prepared to reveal precisely what you are trying to achieve to those who may challenge you. Intelligence will win over bravado.

♒ Aquarius Don't stop until you get the results you are searching for. Be open to suggestions and to discussing your feelings and expectations. Romance is on the rise.

♓ Pisces Don't let confusion set in or interfere with your ability to do the right thing. Make your position clear and don't stop until you reach your destination. EUGENIA LAST



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